



# Mindset Reset

Journal Page

Date: \_\_\_\_\_

Give yourself a daily "light level". What is your number?  
What is going on to affect your level? What can you do about it?

What is the moon phase?  
We are very connected to the energy of the moon cycles, and it can affect our feelings.

What situation is on your mind? How are you feeling about this situation?

Did something trigger this emotion for you? What happened?

Is this a patterned feeling? Have you felt this before? When?

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Date: \_\_\_\_\_

How do I want  
to feel?

What is something I can  
do to feel this way?

What is something I can  
do to feel this way?

What is something I can  
do to feel this way?

AMBER ANNETTE

life & business psychic medium



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## 11 Questions to Ask the Universe When You Need Clarity

1. *What is the one thing I need clarity on for my life?*
2. *What is one thing I need to know today for my business?*
3. *What is the best action I can take to manifest what I desire? List out desire & date.*
4. *What ideas should I explore first?*
5. *How can I grow and expand today?*
6. *How can I feel more connected to my purpose?*
7. *How do I focus on my feelings first?*
8. *How do I let go of the fear/doubts I have about \_\_\_\_\_?*
9. *Where should I spend most of my time and energy today?*
10. *Who should I surround myself with today?*
11. *What else do I need to know?*